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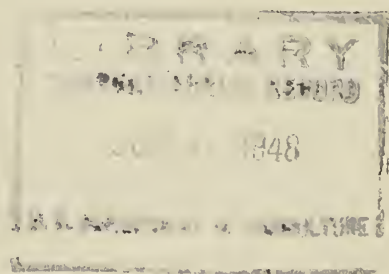
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School Lunch

Recipes Using

Nonfat Dry Milk



UNITED STATES DEPARTMENT OF AGRICULTURE

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SCHOOL LUNCH RECIPES USING NONFAT DRY MILK

When the fat and water are removed from milk, the product that results is known as "nonfat dry milk." Nonfat dry milk contains about the same nutrients as fluid skim milk--the high-quality proteins, the rich supply of calcium and riboflavin. Considering its high nutritive value and comparatively low cost, nonfat dry milk offers an excellent means of improving school lunches. It is easy to use and convenient to store.

How to Use Nonfat Dry Milk

Nonfat dry milk may be reconstituted with water--that is, made into a liquid--for use as a beverage or in such dishes as soups, gravies, sauces, and custards. One cup (4 ounces) nonfat dry milk plus 1 quart water equals about 1 quart fluid skim milk. In the recipes in this publication a higher proportion of nonfat dry milk is used to increase the nutritive value of school lunches.

To reconstitute nonfat dry milk, sprinkle it on top of warm water and beat well with a rotary beater, whip, or power mixer. This method helps to keep the dry milk from lumping and sticking to the mixing bowl. Never add the dry milk to a boiling mixture.

The liquid milk scorches easily. When heating it, use a double boiler, or keep the heat low.

When recipes contain a large proportion of dry ingredients, as for bread, biscuits, muffins, and cakes, nonfat dry milk may be mixed with the other dry ingredients.

For uniformly successful results with recipes, weigh rather than measure nonfat dry milk. If it is necessary to measure, stir the dry milk with a spoon, then lift it lightly into a measuring cup.

Store nonfat dry milk in a cool place, preferably in a refrigerator. Keep it tightly covered. If it is exposed to the air, it absorbs moisture, becomes lumpy, and its flavor changes.

Dry Mixes with Nonfat Dry Milk

Nonfat dry milk is well adapted for use in dry mixes for baked products such as biscuits, muffins, gingerbread, and cookies. These mixes have become increasingly popular in the school lunch. They are economical, convenient, and can be kept always on hand for emergencies. The mixes can be prepared on days when the work load is light or during the afternoon when advance preparation is being done.

Directions for preparing and using mixes are given on pages 8 to 16. If more than 100 portions are needed, the recipes can be successfully doubled.

Store the mixes in tightly covered containers in a cool place.

Recipes in this Publication

The recipes in this publication have been developed in the quantity-recipe laboratory of the Bureau of Human Nutrition and Home Economics. They have been tested in a number of schools and found acceptable for school lunch use.

The main dishes conform to the requirements for Type A meals as set up by the Production and Marketing Administration, that is, the amount of protein-rich food, other than milk, in each serving of any main dish is at least 2 ounces before cooking. The milk used in cooking or in other methods of preparation contributes additional protein and other values to the meal.

The recipes have been arranged so that they can be cut apart and added in the proper place to the card file, School Lunch Recipes for 100.

CREAM OF VEGETABLE SOUP (With Nonfat Dry Milk)

100 Portions	Ingredients	Portions	Cost
3 pounds (3 quarts)	Dry milk		
3 gallons	Water		
4 No. 10 cans (about 3 gallons)	Condensed vegetable soup*		

Portion: 1 cup. Provides
approximately 1/2 cup
vegetable.

Total cost _____

Cost per portion _____

Soups and Chowders

1. Sprinkle dry milk over water and beat until smooth. Add the liquid milk to the condensed soup.

2. Heat almost to boiling temperature and simmer a few minutes before serving.

* Other condensed soups may be substituted.

FISH CHOWDER (With Nonfat Dry Milk)

100 Portions	Ingredients	Portions	Cost
24 pounds	Potatoes		
14-1/2 pounds	Haddock fillets*		
1 pound	Salt pork, finely diced		
6 ounces (1 cup)	Chopped onions		
3 gallons	Water		
1/2 cup	Salt		
4 pounds (1 gallon)	Dry milk		
4 ounces (1 cup)	Sifted flour		

Portion: 1 cup. Provides
2 ounces protein-rich food
other than milk, 1/2 cup
vegetable.

Total cost _____

Cost per portion _____

Soups and Chowders

1. Peel potatoes and dice into 1/2-inch cubes.

2. Remove skin and cut fish into 1/2-inch pieces.

3. Fry out salt pork, add onions, and cook until tender. Add 2 gallons of the water, salt, and potatoes and boil 15 minutes. Add the fish and simmer 1/2 hour.

4. Blend dry milk and flour. Sprinkle on top of the remaining 1 gallon of water and beat until smooth. Add to fish-potato mixture. Reheat about 10 minutes. Garnish with chopped parsley.

* Other fresh fish may be substituted.

FISH SHORTCAKE (With Nonfat Dry Milk)

100 Portions	Ingredients	Portions	Cost
14-1/2 pounds	Haddock fillets*		
12 ounces (2 cups)	Chopped onions		
1 pound (2 cups)	Table fat		
8 ounces (2 cups)	Sifted flour		
3 pounds (3 quarts)	Dry milk		
1-3/4 gallons	Water		
6 tablespoons	Salt		
2 dozen	Hard-cooked eggs, sliced		

Portion: 1/2 cup. Provides
2 ounces of protein-rich
food other than milk.

Total cost _____

Cost per portion _____

Main Dishes

1. Wrap fish in cheese cloth or muslin. Steam fish until it flakes easily with a fork, or simmer it in water to which vinegar and salt (1/2 cup vinegar and 1/4 cup salt to 1 gallon water) have been added. Remove skin and flake fish.
2. Cook onions in fat until tender.
3. Make white sauce: Blend flour and dry milk, sprinkle over the water, and beat until smooth. Add salt. Cook over hot water until thickened, stirring constantly.
4. Add fish, onion-fat mixture, and eggs to sauce. Heat before serving.
5. Serve on biscuit, toasted bun, or cornbread. Garnish with parsley.

* Other fresh, frozen, or canned fish may be substituted.

GROUND BEEF AND NOODLES (With Nonfat Dry Milk)

100 Portions	Ingredients	Portions	Cost
1-1/2 pounds	Noodles		
12-1/2 pounds	Ground beef		
2 pounds	Onions, minced		
10 ounces (2-1/2 cups)	Sifted flour		
3 pounds (3 quarts)	Dry milk		
1-3/4 gallons	Water		
1 pound (2 cups)	Table fat		
6 tablespoons	Salt		
3 cups	Fine dry crumbs mixed with fat		

Portion: 2/3 cup. Provides
2 ounces of protein-rich food
other than milk.

Total cost _____

Cost per portion _____

Main Dishes

1. Cook noodles in boiling salted water (2 tablespoons salt per gallon of water) until tender. Drain.
2. Spread ground beef mixed with onions on a bun pan and cook until well done in a moderate oven (350°F.), stirring occasionally. If this is not possible, cook on top of the stove.
3. Make white sauce: Blend flour and dry milk, sprinkle over the water, and beat until smooth. Add fat and salt. Cook over hot water until thickened, stirring constantly.
4. Combine white sauce, noodles, and meat mixture. Divide among 3 greased baking pans (12 by 18 inches). Top with crumbs.
5. Bake in a moderate oven (350°F.) for 20 minutes.

SCALLOPED GREEN BEANS AND EGGS (With Nonfat Dry Milk)

Main Dishes

100 Portions	Ingredients	Portions	Cost
2 No. 10 cans 6 ounces (1-1/2 cups)	Cut green beans*		
12 ounces (3 cups)	Sifted flour		
3 quarts	Dry milk		
6 ounces (3/4 cup)	Liquid (green bean liquid plus water)		
2 pounds	Fat		
7 dozen	Cheese, grated		
3 cups	Hard-cooked eggs		
	Fine dry crumbs, mixed with fat		

1. Drain green beans.
2. Make sauce: Blend flour and dry milk, sprinkle over liquid and beat until smooth. Add fat and cook over hot water until thickened, stirring constantly. Blend in cheese.
3. Place half of green beans in 2 greased baking pans (12 by 18 inches). Cover with sliced eggs. Add sauce and remaining green beans. Top with crumbs.
4. Bake in a moderate oven (350°F.) for 30 minutes.

* 3 No. 10 cans of asparagus may be substituted.

Portion: 1/2 cup. Provides
2 ounces of protein-rich food
other than milk, 1/4 cup
vegetable.

Total cost _____
Cost per portion _____

CORN PUDDING (With Nonfat Dry Milk)

Vegetables

100 Portions	Ingredients	Portions	Cost
2 No. 10 cans (about 1-1/2 gallons)	Whole kernel corn		
1-1/2 gallons	Corn liquid plus water		
2 pounds (2 quarts)	Dry milk		
3 dozen (2 quarts)	Eggs, well beaten*		
12 ounces (1-1/2 cups)	Table fat, melted		
1/4 cup	Salt		

1. Drain the corn.
2. Add water to corn liquid to make 1-1/2 gallons. Sprinkle dry milk over the liquid and beat until smooth. Add eggs, fat, and salt and blend well.
3. Divide corn among 4 greased baking pans (12 by 18 inches).
4. Cover corn with egg-milk mixture. Bake in a moderate oven (350°F.) for about 40 minutes or until set.
5. Serve at once.

* 1-1/8 pounds (4-1/2 cups) dried whole egg and 5-2/3 cups water beaten together may be used in place of shell eggs.

Portion: 1/2 cup. Provides
1/3 egg and approximately
1/4 cup vegetable.

Total cost _____
Cost per portion _____

CREAMED CARROTS AND PEAS (With Nonfat Dry Milk)

Vegetables

100 Portions	Ingredients	Portions	Cost
10 pounds	Carrots		
2 No. 10 cans	Peas		
5 ounces (1-1/4 cups)	Sifted flour		
1-3/4 pounds (1-3/4 quarts)	Dry milk		
1-1/4 gallons	Liquid from carrots and peas		
3/4 pounds (1-1/2 cups)	Table fat		
2 tablespoons	Salt		

1. Wash carrots and cook whole in boiling salted water (2 tablespoons salt per gallon of water) until tender. Drain. Save the liquid. Dice the carrots.
2. Drain the peas. Save the liquid.
3. Make white sauce: Blend flour and dry milk, sprinkle over liquid, and beat until smooth. Add fat and salt. Cook over hot water until thickened, stirring constantly.
4. Add vegetables. Reheat before serving.

Portion: 1/2 cup. Provides
3/8 cup vegetable.

Total cost _____

Cost per portion _____

PRUNE WHIP (With Nonfat Dry Milk)

Desserts

100 Portions	Ingredients	Portions	Cost
3 tablespoons	Gelatin		
3/4 cup	Cold water		
1 pound (4 cups)	Dry milk		
1 quart	Water		
1-1/4 cups	Lemon juice		
8 pounds	Prunes		
1 pound (2 cups)	Sugar		
1-1/2 tablespoons	Salt		

1. Soften gelatin in the 3/4 cup cold water.
2. Sprinkle dry milk over quart of water and beat until smooth. Scald over hot water. Add gelatin and cool thoroughly. Beat in lemon juice, a small amount at a time. Chill overnight.
3. Cook prunes until tender, drain, remove pits, and chop fine. Chill.
4. Whip the chilled milk-mixture in mixer on high speed until very stiff.
5. Fold in prunes, sugar, and salt and blend well.

NOTE: Liquid from cooked prunes may be used in fruit drinks or molded fruit salads.

Portion: 1/3 cup.

Total cost _____

Cost per portion _____

LEMON SAUCE (With Nonfat Dry Milk)

Sauces

100 Portions	Ingredients	Portions	Cost
2 pounds (1 quart)	Sugar		
2 ounces (6 tablespoons)	Cornstarch		
2 teaspoons	Salt		
2-1/2 quarts	Boiling water		
4 ounces (1/2 cup)	Table fat		
1-1/2 pounds (1-1/2 quarts)	Dry milk		
1-1/2 cups	Lemon juice		
3 tablespoons	Grated lemon rind		

1. Blend sugar, cornstarch, and salt. Add water and cook 15 minutes, or until thickened.
2. Add fat and cool until lukewarm.
3. Beat in dry milk, one-third at a time. Cook over hot water 5 minutes. Cool.
4. Add lemon juice and rind slowly, beating until smooth.
5. The sauce may be thinned with water if desired.

Yield: 1 gallon.

Total cost _____

Cost per portion _____

WHIPPED TOPPING (With Nonfat Dry Milk)

Sauces

100 Portions	Ingredients	Portions	Cost
1-1/3 tablespoons	Gelatin		
1/2 cup	Cold water		
8 ounces (2 cups)	Dry milk		
1 cup	Water		
1/2 cup	Lemon juice		
1/2 cup	Orange juice		
8 ounces (1 cup)	Sugar		
1 teaspoon	Salt		

1. Soften gelatin in the 1/2 cup of cold water.
2. Sprinkle dry milk over the cup of water and beat until smooth. Scald over hot water for about three minutes. Add gelatin. Cool.
3. Beat in the fruit juices, a small amount at a time, and store in the refrigerator overnight.
4. Whip in mixer on high speed until very stiff. Fold in sugar and salt.
5. Chill until ready to use.

Yield: 2 quarts

Total cost _____

Cost per portion _____

BISCUIT MIX (With Nonfat Dry Milk)

Breads

100 Portions	Ingredients	Portions	Cost
4 pounds (4 quarts)	Sifted flour		
3/4 pound (3 cups)	Dry milk		
3 ounces (1/2 cup)	Baking powder		
2 tablespoons	Salt		
1-1/2 pounds (3 cups)	Fat		

Yield: About 6-1/2 pounds
of dry mix.

Total cost _____

Cost per portion _____

1. Sift dry ingredients together three times or blend in mixer, using the whip, and mix 15 minutes on low speed. Rub or cut in the fat.
2. Store in a cool place in a tightly covered container until needed.

BISCUITS (Using Biscuit Mix)

Breads

100 Portions	Ingredients	Portions	Cost
6-1/2 pounds (5-1/4 quarts)	Biscuit mix		
About 1-1/2 quarts	Water		

1. Add enough water to the dry mix to make a soft dough.
2. Turn out on a lightly floured board, divide into fourths, and knead lightly about 1 minute.
3. Roll out to 1/2-inch thickness and cut with a floured 2-inch cutter.
4. Place on ungreased baking sheets and bake in a hot oven (450°F.) 12 to 15 minutes.

Portion: 1 biscuit.

Total cost _____

Cost per portion _____

MUFFIN MIX - I (With Nonfat Dry Milk)

Breads

100 Portions	Ingredients	Portions	Cost
4 pounds (4 quarts)	Sifted flour		
8 ounces (2 cups)	Dry milk		
4 ounces (2/3 cup)	Baking powder		
2-1/2 tablespoons	Salt		
10 ounces (1-1/4 cups)	Sugar		

Yield: About 5-1/2 pounds of dry mix. Total cost _____

Cost per portion _____

1. Sift ingredients together 3 times or blend in mixer, using the whip, and mix 15 minutes on low speed.
2. Store in a tightly covered container in a cool place until needed.

PLAIN MUFFINS (Using Muffin Mix - I, Nonfat Dry Milk)

Breads

100 Portions	Ingredients	Portions	Cost
5-1/2 pounds (4-1/2 quarts)	Muffin Mix - I		
8	Eggs, beaten		
12 ounces (1-1/2 cups)	Melted fat		
1-1/4 quarts	Water		

1. Weigh or sift and measure dry mix.
2. Add fat to eggs, then add the water.
3. Add to dry mix. Stir just enough to moisten and give the mixture a rough appearance.
4. Use No. 24 scoop to measure batter into greased muffin pans. Bake in a hot oven (425°F.) 15 minutes.

Portion: 1 muffin. Total cost _____

Cost per portion _____

MUFFIN MIX - II (With Nonfat Dry Milk and Dried Whole Egg)

Breads

100 Portions	Ingredients	Portions	Cost
4 pounds (4 quarts)	Sifted flour		
8 ounces (2 cups)	Dry milk		
4 ounces (2/3 cup)	Baking powder		
2-1/2 tablespoons	Salt		
10 ounces (1-1/4 cups)	Sugar		
4 ounces (1 cup)	Dried egg		

Yield: About 5-3/4
pounds of dry mix.

Total cost _____

Cost per portion _____

1. Sift ingredients together 3 times or blend in mixer, using the whip, and mix 15 minutes on low speed.
2. Store in a cool place in a tightly covered container until needed.

PLAIN MUFFINS (Using Muffin Mix - II, Nonfat Dry Milk and Dried Whole Egg)

Breads

100 Portions	Ingredients	Portions	Cost
5-3/4 pounds (5 quarts)	Muffin mix - II		
1-1/2 quarts	Water		
12 ounces (1-1/2 cups)	Melted fat		

Portion: 1 muffin.

Total cost _____

Cost per portion _____

1. Weigh or sift and measure dry mix.
2. Combine water and fat.
3. Add to the dry mix. Stir just enough to moisten and give the mixture a rough appearance.
4. Use No. 24 scoop to measure batter into greased muffin pans. Bake in a hot oven (425°F.) 15 minutes.

BUTTERSCOTCH PUDDING MIX (With Nonfat Dry Milk)

Desserts

100 Portions	Ingredients	Portions	Cost
2 pounds (2 quarts)	Dry milk		
1 pound 6 ounces (1-1/4 quarts)	Cornstarch		
2 tablespoons	Salt		
4 pounds (2 quarts)	Brown sugar		

1. Sift dry milk, cornstarch, and salt together. Mix in brown sugar.
2. Store in a tightly covered container in a cool place until needed.

Yield: 7-1/2 pounds
of dry mix.

Total cost _____

Cost per portion _____

BUTTERSCOTCH PUDDING (Using Butterscotch Pudding Mix)

Desserts

100 Portions	Ingredients	Portions	Cost
7-1/2 pounds (5-1/4 quarts)	Butterscotch pudding mix		
1-1/2 gallons	Hot water		
1 dozen	Eggs, beaten		
1 pound (2 cups)	Table fat		
1/4 cup	Vanilla		

1. Weigh or sift and measure dry mix.
2. Add the water and mix thoroughly. Cook over hot water until thick, stirring constantly.
3. Remove from heat and beat about 1 quart of hot mixture into the eggs. Blend slowly into remaining hot mixture.
4. Cook over hot water about 4 minutes, continuing to stir. Then blend in fat and vanilla.
5. Cool quickly, stirring occasionally.

Portion: 1/3 cup.

Total cost _____

Cost per portion _____

GINGERBREAD MIX - I (With Nonfat Dry Milk)

Desserts

100 Portions	Ingredients	Portions	Cost
3-3/4 pounds (3-3/4 quarts)	Sifted flour		
1-1/4 pounds (1-1/4 quarts)	Dry milk		
1-2/3 tablespoons	Soda		
5 tablespoons	Baking powder		
2-1/2 teaspoons	Salt		
1-1/4 pounds (2-1/2 cups)	Sugar		
5 tablespoons	Ginger		
2 tablespoons	Cinnamon		
2 teaspoons	Cloves		

Yield: About 6-1/2 pounds
of dry mix.

Total cost _____

Cost per portion _____

1. Sift ingredients together 3 times or blend in mixer, using the whip, and mix 15 minutes on low speed.
2. Store in a cool place in a tightly covered container.

GINGERBREAD (Using Gingerbread Mix - I, Nonfat Dry Milk)

Desserts

100 Portions	Ingredients	Portions	Cost
6-1/2 pounds (1-1/4 gallon)	Gingerbread mix - I		
2 pounds (1 quart)	Fat		
1-1/4 quarts	Boiling water		
2 quarts	Molasses		
10 (2 cups)	Eggs, beaten		

1. Weigh or sift and measure dry mix.
2. Melt fat in boiling water. Add molasses and then eggs. Blend well.
3. Add slowly to dry mix, beating until smooth after each addition.
4. Bake in two greased bun pans (25 by 16 inches) in a moderate oven (350°F.) about 30 minutes.

Portion: 1 piece.
(3 by 2-1/2 by 1-1/2
inches).

Total cost _____

Cost per portion _____

GINGERBREAD MIX - II (With Nonfat Dry Milk and
Dried Whole Egg)

Desserts

100 Portions	Ingredients	Portions	Cost
3-3/4 pounds (3-3/4 quarts)	Sifted flour		
1-1/4 pounds (1-1/4 quarts)	Dry milk		
5 ounces (1-1/4 cups)	Dried egg		
1-2/3 tablespoons	Soda		
5 tablespoons	Baking powder		
2-1/2 teaspoons	Salt		
1-1/4 pounds (2-1/2 cups)	Sugar		
5 tablespoons	Ginger		
2 tablespoons	Cinnamon		
2 teaspoons	Cloves		

1. Sift ingredients together 3 times or blend in mixer, using the whip, and mix 15 minutes on low speed.
2. Store in a cool place in a tightly covered container.

Yield: About 7 pounds of
dry mix.

Total cost _____

Cost per portion _____

GINGERBREAD (Using Gingerbread Mix - II, Nonfat Dry
Milk and Dried Whole Egg)

Desserts.

100 Portions	Ingredients	Portions	Cost
7 pounds (5-1/2 quarts)	Gingerbread mix - II		
2 pounds (4 cups)	Fat		
6-1/2 cups	Boiling water		
2 quarts	Molasses		

1. Weigh or sift and measure dry mix.
2. Melt fat in boiling water. Add molasses and blend well.
3. Add slowly to dry mix, beating until smooth after each addition.
4. Bake in two greased bun pans (25 by 16 inches) in a moderate oven (350°F.) about 30 minutes.

Portion: 1 piece.
(3 by 2-1/2 by 1-1/2
inches).

Total cost _____

Cost per portion _____

GINGER COOKIES (Using Gingerbread Mix - I,
Nonfat Dry Milk)

Desserts

100 Portions	Ingredients	Portions	Cost
2-1/2 pounds (2 quarts)	Gingerbread mix - I		
10 ounces (1-1/4 cups)	Melted fat		
3 cups	Molasses		
4	Eggs, beaten		

1. Weigh or sift and measure dry mix.
2. Add fat and molasses to the eggs and blend thoroughly. Add slowly to dry mix, stirring until smooth.
3. Use a No. 40 scoop to drop batter on greased baking sheets. Bake in a moderate oven (350°F.) 12 to 15 minutes.

Portion: One 3-inch cookie.

Total cost _____

Cost per portion _____

GINGER COOKIES (Using Gingerbread Mix - II,
Nonfat Dry Milk and Dried Whole Egg)

Desserts

100 Portions	Ingredients	Portions	Cost
2-3/4 pounds (2-1/8 quarts)	Gingerbread mix - II		
3 cups	Molasses		
10 ounces (1-1/4 cups)	Melted fat		
1/2 cup	Water		

1. Weigh or sift and measure dry mix.
2. Blend fat, molasses, and water. Add slowly to dry mix, stirring until smooth.
3. Use a No. 40 scoop to drop batter on greased baking sheets. Bake in a moderate oven (350°F.) 12-15 minutes.

Portion: One 3-inch cookie.

Total cost _____

Cost per portion _____

BROWNIE MIX (With Nonfat Dry Milk and Dried Whole Egg)

Desserts

100 Portions	Ingredients	Portions	Cost
2 pounds (2 quarts)	Sifted flour		
3/4 pound (3/4 quart)	Dry milk		
6 ounces (1-1/2 cups)	Dried egg		
4 pounds (2 quarts)	Sugar		
1/2 pound (2 cups)	Cocoa		
3 tablespoons	Baking powder		
2 tablespoons	Salt		

Yield: About 7-3/4
pounds of dry mix.

Total cost _____

Cost per portion _____

1. Sift ingredients together three times or blend in mixer, using the whip, and mix 15 minutes on low speed.
2. Store in a cool place in a tightly covered container.

BROWNIES (Using Brownie Mix, Nonfat Dry Milk and Dried Whole Egg)

Desserts

100 Portions	Ingredients	Portions	Cost
7-3/4 pounds (4-3/4 quarts)	Brownie Mix		
1-1/4 quarts	Water		
2 tablespoons	Vanilla		
1-1/2 pounds (3/4 quarts)	Fat, melted		
1 pound	Chopped nuts or raisins		

Portion: 1 piece - 3 by 2-1/2
by 1 inches.

Total cost _____

Cost per portion _____

1. Weigh or sift and measure dry mix.
2. Add water and vanilla to melted fat.
3. Add mixture to dry mix one-third at a time, blending after each addition until smooth.
4. Fold in nuts or raisins.
5. Bake in two greased bun pans (25 by 16 inches) in a moderate oven (350°F.) for about 30 minutes.

CHOCOLATE COOKIES (Using Brownie Mix, Nonfat Dry
Milk and Dried Whole Egg)

Desserts

100 Portions	Ingredients	Portions	Cost
3-7/8 pounds (2 quarts, 1-1/2 cups)	Brownie Mix		
About 1-1/2 cups	Water		
2 teaspoons	Vanilla		
12 ounces (1-1/2 cups)	Fat, melted		
1/2 pound	Chopped nuts or raisins		

Portion: 1 cookie.

Total cost _____

Cost per portion _____

1. Weigh or sift and measure dry mix.
2. Add water and vanilla to melted fat.
3. Add mixture to dry mix and combine well.
4. Stir in nuts or raisins.
5. Use a number 40 scoop to drop batter on greased baking sheets. Bake in a moderate oven (375°F.) for about 12 minutes.

